

# Tamil Nadu COVID-19

## Case Management Protocol

COVID-19 positive or suspect patients (negative or untested)

**Measure**  
SpO<sub>2</sub> AND Respiratory rate (RR)

COVID-19 suspected symptoms

- Fatigue
- Myalgia
- Sore throat
- Cough
- Headache
- Continuous fever
- Breathlessness
- Headache
- Diarrhea
- Loss of taste/smell

SpO<sub>2</sub> >94% AND  
RR <24/min

### Home-based treatment

Prescribed at testing centres, screening/triage centres, health facilities, outreach camps, and home visits

#### CATEGORY 1

#### TREATMENT

- Tab. Vitamin C 500mg OD x 5 days
- Tab. Zinc 50mg OD x 5 days
- Tab. Paracetamol 500 mg 4 times a day AND SOS if having fever or myalgia

- ✓ Treat comorbid conditions
- ✓ Maintain hydration
- ✓ Prone position is advisable

**Note:** If the patient's house is unsuitable for home isolation, shift to COVID care centre

#### Red flag signs

Seek PHC/Screening Centre/  
Telemedicine

- i. Persistent fever >5 days OR
- ii. Persistent cough **OR**
- iii. Breathlessness **OR** Fatiguability
- iv. SpO<sub>2</sub> 90-94% **OR** RR 24-30/ min

**Call 104** for admission at Covid-19 hospitals, if SpO<sub>2</sub> <90% AND RR >24/min

SpO<sub>2</sub> 90-94% AND  
RR 24-30/min

### Primary care

Treat at Primary Health Centre (PHC), COVID Care Centre (CCC), or COVID Health Centre (CHC) (should have oxygen available)

#### CATEGORY 2

#### INVESTIGATIONS

Complete blood count, X-ray chest if available, capillary blood glucose/plasma glucose, blood pressure

#### TREATMENT (A + B + C + D)

- A**
- Oxygen 2-4 liters/min and titrate as per guidelines
  - Prone position 2-4 hours proning for 4-8 times per day
- B**
- Tab. Azithromycin 10mg/kg not more than 500mg OD x 3 days
  - Tab. Vitamin C 500mg OD x 5 days
  - Tab. Zinc 50mg OD x 5 days
  - Tab. Ranitidine 150mg BD x 5 days
  - Tab. Paracetamol 500 mg 4 times a day AND SOS – if having fever or myalgia
- C Choose one of the following four:**
1. Tab. Methylprednisolone 16mg BD x 7 days
  2. Tab. Dexamethasone 8mg [equivalent to 6mg salt] OD x 7 days
- If vomiting present choose 3 or 4**
3. IV Inj. Methyl Prednisolone 0.5-1 mg/kg per day in two divided doses x 7 days
  4. IV Inj. Dexamethasone 8mg [equivalent to 6mg salt] OD x 7 days
- D Choose one of the following two:**
1. Low molecular weight Heparin 0.4ml SC OD
  2. Unfractionated Heparin 5000 U SC BD
- Do not start anticoagulant if H/O bleeding disorders or platelet count <1 lakh per mm<sup>3</sup> and **Refer to COVID hospitals**
- ✓ Treat comorbid conditions
  - ✓ Adequate hydration
  - ✓ Strict glycaemic and BP control

**Note:** Admit COVID Suspects/Negatives in a separate ward away from the COVID ward

#### Red flag signs

If the patient is not improving and SpO<sub>2</sub> <90% refer to Covid-19 Hospital

SpO<sub>2</sub> <90% AND  
RR >30/min

### Pre-hospital care

Initiate treatment at PHC, CCC & CHC then shift to Medical College, District Headquarter Hospital, or Dedicated COVID Hospitals

#### CATEGORY 3

#### TREATMENT (A + B + C)

**During transportation or waiting for the bed**

- A**
- Oxygen If SpO<sub>2</sub> <90%, initiate low flow as per guidelines
- B Choose one of the following four:**
1. IV Inj. Methyl Prednisolone 1-2 mg/kg per day in two divided doses
  2. IV Inj. Dexamethasone 8mg OD [equivalent to 6mg salt]
  3. Tab. Methylprednisolone 16mg BD
  4. Tab. Dexamethasone 8mg OD [equivalent to 6mg salt]
- C Choose one of the following two:**
1. Low Molecular Weight Heparin (LMWH) 0.4ml SC OD
  2. Unfractionated Heparin 5000 U SC BD
- Do not start anticoagulant if H/O bleeding disorders, and platelet count <1 lakh per mm<sup>3</sup>

**Note:** This protocol does not include hospital-based treatment

#### Stepdown to Covid Health Centre

If SpO<sub>2</sub> >92% for 48 hrs. after weaning of from respiratory support like noninvasive ventilation / invasive ventilation

Patients requiring low flow O<sub>2</sub> support nasal cannula & mask and maintaining **SPO<sub>2</sub> > 92% for more than one day**

#### DISCHARGE CRITERIA

If SpO<sub>2</sub> >92% in room air for 3 days

